THE LATTER-DAY SAINTS'

MILLENNIAL STAR

ESTABLISHED IN 1840

"There is no inducement for a man or a woman to commit sin—it is not a paying business; it is better for us to serve the Lord; for those who serve the Lord morning, noon and night are happy, whether they be rich or poor."—WILFORD WOODRUFF.

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TEMPORAL SALVATION

PRESIDENT HEBER J. GRANT

I WISH that I possessed the power to impress upon the hearts and the minds of the Latter-day Saints the necessity of becoming familiar with the commandments contained in the Doctrine and Covenants, and not only becoming familiar with them, but that I might have the power to impress upon their hearts and souls a determination to keep those commandments, to live them in very deed and in their everyday lives.

We find recorded in the Doctrine and Covenants that "there is a law, irrevocably decreed in heaven before the foundations of this world, upon which all blessings are predicated—and when we obtain any blessing from God, it is by obedience to that law upon which it is predicated."

Some very wonderful promises are made to us if we observe the Word of Wisdom. They will not come unless we do observe it. I feel at the present time that it is very appropriate for all Latter-day Saints to have their attention called (although I have called their attention to it time and time again) to this marvelous and remarkable Word of Wisdom.

To be sent greeting; not by commandment or constraint, but by revelation and the word of wisdom, showing forth the order and will of God in the temporal salvation of all saints in the last days—

The Lord has not made this an absolute commandment, but when our Heavenly Father, the One to whom we owe our lives and all that we possess and all our allegiance, desires us to do a thing, it seems to me that we, as Latter-day Saints, should do that thing more willingly even than though it come as an absolute command to us.

To my mind, the most remarkable promise that any man can have is contained in this revelation:

And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones;

And shall find wisdom and great treasures of knowledge, even hidden treasures.

Health is one of the first great blessings of God to man, and second only to health is wisdom. These two great blessings are promised to every man, woman and child in the Church of Christ who obeys the Word of Wisdom.

And shall run and not be weary, and shall walk and not faint.

And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them.

I honestly believe that but for obeying the Word of Wisdom, when I was operated upon and the doctors said that blood poisoning in the third and last stage had set in, that I had to die—if I had not been an observer of the Word of Wisdom, so that the blood in my veins was pure and could overcome the poison, I would not be standing here before you, but more than thirty years ago my time would have come to pass from this life.

I find in this same book (the Doctrine and Covenants), that when the Lord commands, and men obey not His commands, then they fail to get the blessing. Then men say that the promises of the Lord are not true and fulfilled; but woe unto such, for their reward lurketh from beneath, and not from above.

I find in this book, among the revelations of the Lord to you and to me, that when we do the things the Lord commands, He declares "Then am I bound." As Latter-day Saints, we want to set our faces as flint against any proposition or any propaganda of any kind which will so affect our children, if they follow that propaganda, that they will not be entitled to the promises and the blessings that come from keeping the commandments of the Lord.

No man who breaks the Word of Wisdom can gain the same amount of knowledge and intelligence in this world as the man who obeys that law. I do not care who he is or where he comes from, his mind will not be as clear, and he cannot advance as far and as rapidly and retain his power as much as he would if he obeyed the Word of Wisdom.—Excerpts from Addresses Delivered at General Conferences of the Church.

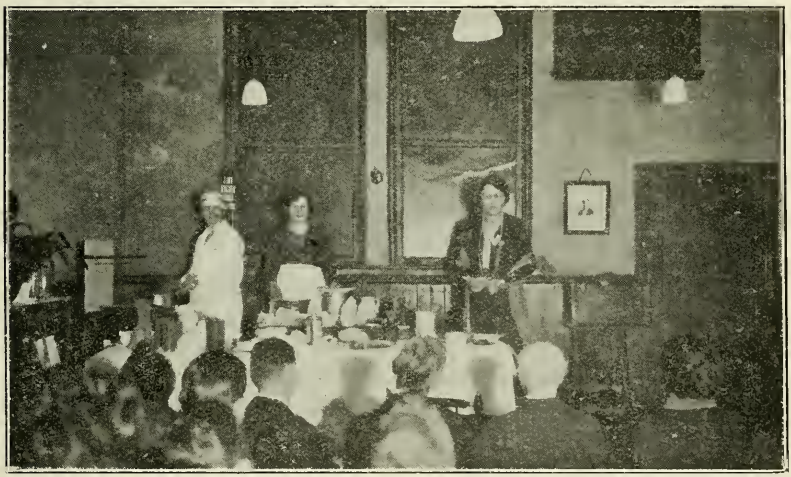
It is our privilege to follow the dictates of the Spirit of the Lord, and to have it for our guide and companion; and by doing this, the blessings of the heavens will be upon us as fast as we are prepared to receive them.—Wilford Woodruff.

WORD OF WISDOM DEMONSTRATION

ELDER WILLIAM D. CALLISTER

DURING the past three years, the European Mission Relief Societies have studied the Word of Wisdom—a more complete study than is usually applied to this great health code. The lessons have been compiled in strict harmony with the latest findings by British experts in the field of human nutrition. They have also attempted to interpret, through inspiration, the warnings of the Lord, as given through revelation to the Prophet Joseph Smith nearly one hundred years ago.

However, truths are of little value until applied in daily life, the Word of Wisdom being no exception. Many of the sisters have regarded the lessons as being only untried theories; others



DEMONSTRATING AND EXPLAINING WORD OF WISDOM TRUTHS

have delayed to change from old practices because it was different from the usual course of living, or because they thought it expensive, or that the new combinations of food would be tasteless.

To explain the truths taught in these lessons, to put theory into practice, a demonstration was held in the Manchester Branch hall on January 10th, from 3:00 p.m., until 9:00 p.m., attended by about sixty members and friends of the Manchester District, including the traveling missionaries. President and Sister John Cummard, Jr., were most energetic in bringing the affair to a successful fruition. Among those in the audience were several husbands and sons—and for a good purpose, as the brethren must be converted whole-heartedly to Word of Wisdom living, for they share in the foods prepared by their wives and mothers.

Sister Leah D. Widtsoe, President of the European Relief Societies, was in charge of the demonstration. Assisting her were Sisters Harriet Lowther, President of the Liverpool Branch Relief Society, and Annie L. Rees, of the Birmingham District, both of whom are thorough converts and practitioners of the Word of Wisdom in its fullest meaning.

The platform of the meeting room took on the aspect of a busy kitchen. A gas stove was installed; an improvised and lengthy table, covered with cooking utensils and scores of wholesome foods, extended along the front of the platform. Around the walls were charts and diagrams, showing the results of carefully executed experiments. The famous diet charts of the United States Bureau of Home Economics, in addition to two special charts prepared by Elder J. Blaine Freestone, explained the effects of various human diets upon rats, who eat the same food and are subject to the same ills and diseases as are humans, and are therefore used as subjects for experiment.

While the lecture was proceeding, Sisters Lowther and Rees busied themselves preparing some of the wholesome and appetizing dishes described in the lecture, which have been discussed in the Relief Society study courses.

The positive side of the Word of Wisdom was vividly explained, showing that harmful drinks and substances are not craved if the body is properly nourished. The lecture may be briefly summarized as follows:

The Word of Wisdom counsels Latter-day Saints to eat "every herb in the season thereof," which leads one to conclude that foods are to be eaten as fresh as possible and prepared in such a way that all the nourishment is retained. Modern prepared foods are generally robbed of their most healthful parts, which are thrown away or fed to animals.

The warnings given and truths taught in the Word of Wisdom nearly a century ago, are marvelously in harmony with the latest scientific discovery and research.

The gist of the truths presented and explained is contained in the following pithy ten commandments of food "Do's" and "Don'ts":

SOME FOOD "DO'S"

1. DO learn the importance of right food habits.
2. DO understand that if appetite were the only guide, God would not have instructed Adam and his descendants, down to our day, on how to feed the body.
3. DO eat more salads and green foods—even in winter.
4. DO eat less meat, heavy suet puddings, and fried foods.
5. DO take a little of the necessary fat as salad oil with salads (oil must be fresh).
6. DO learn to enjoy natural food flavours; avoid condiments—pepper, mustard, vinegar, and strong sauces.

7. DO eat fresh, natural foods, as prepared by nature in the season thereof; avoid "embalmed," tinned, or package foods.

8. DO eat fewer foods at one meal; all foods during week or month; avoid "food nuts."

9. DO beware of white, devitalized-foods (except milk). They are verily as "pale and sickly" as they look! Avoid pastry and rich desserts.

10. DO study verse 4, Section 89, of the Doctrine and Covenants, and apply its meaning to the food of modern man—our foods, our conditions.

Some "Don'ts"

1. DON'T use any food that is spoiling; vegetables and fruits should be fresh.

2. DON'T waste one crumb of bread—make puddings or soup.

3. DON'T waste one particle of cooked food—make salads or soup.

4. DON'T waste one leaf of green vegetable—turnip tops, beet tops, cabbage and cauliflower greens make good vegetables. The sunshine (life) is in the green leaves; hence the valuable minerals and vitamins are there. Cut up the toughest outside leaves (and the tops of celery) for soups.

5. DON'T peel vegetables; scrape them—often, minerals and vitamins are near the skin. Cook in skin if possible.

6. DON'T soak peeled vegetables in water for one minute—minerals and nourishment ooze into water. Clean and cook immediately, as needed.

7. DON'T use soda, ever, in cooking any vegetables—for it destroys vitamins and flavour.

8. DON'T cook vegetables too long—it destroys vitamins and flavour.

9. DON'T throw away water in which vegetables are cooked. Use in gravies, sauces and soups. The less water, the better.

10. DON'T forget that man must eat to live, and his health depends largely on what he eats.

Vitamin-tested cod liver oil could profitably be taken daily in this sunless climate.

All were advised to purchase and use in planning daily meals, the little chart "A Square Meal," by R. H. A. Plimmer, cost three pence. Send to New Health Society, 39 Bedford Square, London, W. C. 1. The New Health movement was heartily commended.

Meat should be eaten "sparingly", said the Prophet. Modern nutrition experts and scientists say the same thing. Dr. Plimmer, D.Sc., London, is authority for the statement that "the accepted standard for the quantity of protein (body-building foods such as meat, fish, eggs, milk) is one-sixth of the total food and this (should be) divided between animal and vegetable protein (peas, beans, lentils, nuts). . . . A typical diet should

consist of one-sixth protein, one-sixth fat, and two-thirds carbohydrate" (vegetables, cereals, fruits, etc., and all other foods which give energy). V. H. Mottram, M.A., Professor of Physiology in the University of London, states that, "Meat is chiefly of value as a source of protein. . . . It is, however, wise to use it *in moderation*, and to substitute milk and cheese for it whenever possible. . . . The idea that meat promotes energy above all foods is a myth that lingers on. Possibly the myth has its roots in some old folk lore, for the scientific ground, if there ever was any for it, disappeared years ago."

Thus again does science support what the Prophet gave out for man's guidance.

Milk is one of the most necessary foods in the human dietary as is proved in every country by countless experiments. Its use is imperative for children. But it is a food and not a drink; and should be eaten slowly. It is one of our best sources of protein, and is the chief so-called "protective food."

White bread is made of flour which has been robbed of its most valuable parts, the bran and the germ; for therein are found the mineral and the precious vitamin B. The body needs *all* of the grain for food. The sisters should use whole-wheat in all their baking in place of white flour. The Word says, "wheat for man"—not a part of the kernel only.

Pastries and rich foods should be avoided, as shortening and flour, when mixed, form a combination difficult of digestion. Fried foods should likewise be tabooed, as they also are taxing to the digestive organs; the frying pan should be discarded. Sister Rees stated that "the frying pan is the curse of England." There is a greater curse "around the corner"—the two often go together: If the body is poorly fed, drink is craved.

The food charts were explained at length. The audience noticed that the shriveled and diseased rats were always the ones which grew up on the foods which the average person considers a sufficient diet to maintain health. The healthiest, largest and liveliest rats were those that ate a variety of foods containing the necessary vitamins and minerals, as indicated in the Word of Wisdom. The size and health of each rat was directly proportional to the amount of milk and natural foodstuffs in the diet. The lack of any one vitamin, or of one vital mineral, caused definite deficiency diseases. The ills and ailments of humankind result from similar deficient diets. Not only size and physical health, but moral stamina can be controlled by diet. Even crime can be reduced through proper nourishment of children while growing.

Substitute drinks for tea, coffee and wine were recommended. A warm drink, which would build up the system, "Wisbru", a beverage made of the bran and germ of the wheat, was prepared and sampled by all. It was heartily recommended as a nourish-

ing drink for breakfast and "tea." The audience was surprised to learn how cheap it was and how good it tasted, especially when sweetened with a little honey or brown sugar.

The products being made by Sister Lowther were frequently exhibited, so that the audience could see the actual process and product.

An excellent dish sampled was potato soup, made up of the whole potato and potato peelings. It was stated, when more peelings are added, the flavour and food value are materially increased. Not one scrap of clean potato peeling should be wasted.

A delicious vegetable pie, with the crust made of whole-wheat flour, was pronounced excellent by all present. Word of Wisdom cookies, mixed and baked during the lecture, proved that desserts need not be made of white flour and rich materials to be delicious, yet wholesome.

Scores of questions were asked by the sisters, and even by the brethren, whose interest in the advice and instructions had been aroused.

Sister Rees told how she had made the change from the ordinary mode of eating four meals a day to the Word of Wisdom foods. She said that the taste for the white and impoverished foods, with meat three times daily and tea, diminished as she used the better foods, until now the desire for them no longer exists. The new diet is more substantial and nourishing than the old, and the family are not only better nourished, they are well on much less cost.

Some Word of Wisdom menus and recipes were distributed, with the cost of each food. It was shown that wholesome meals could be supplied as cheap, or cheaper, than the average meal of less nourishing foods. And in the end, ill health is avoided and doctor bills are cancelled.

Sister Lowther also testified that the use of wholesome foods has added to her health and are satisfying to the taste as well as to the digestive organs. She said they are easier to prepare for the table.

Three missionaries from the European Office, who attended the demonstration, also testified that their health had been increased; they had avoided the "missionary plague", and very much enjoyed eating healthful foods.

After the meeting, considerable discussion took place among the members about the things they had heard, seen and tasted. The first Word of Wisdom demonstration was a complete success.

All the recipes recommended and tested menus with cost will be given in the *Supplement* of this issue.

WHEREVER there is a true principle presented, it is well to investigate, and see how far it is applicable to us.—JOHN TAYLOR.

THE LATTER-DAY SAINTS' MILLENNIAL STAR

THURSDAY, MARCH 5, 1931

EDITORIAL

INCONSISTENCY

Down the street lived John Doe, who owned a beautiful motor car in which he took great pride, and of which he took great care. He used only the best grade of petrol, and the air which mixed with the petrol in the carburetter was first thoroughly cleaned and purified by a special device. The purest and highest quality of motor oil, which ran through a filtering and purifying system and was changed often, lubricated its bearings.

The accumulators, which furnished the electric power for the lights and ignition, were tested often; the car was regularly and thoroughly greased; the brakes were always in order; the tyres were carefully watched. All devices to make the car safe were used. It was never left out in bad weather, and its body was as highly polished as a mirror. Not one detail was overlooked. At regular intervals, when taken to a mechanic for inspection, nothing was ever found out of order, for it had such good care.

John's neighbour also bought a fine motor car about the same time as he did. But the second man took very little care of his car; it was sorrowfully neglected. Any kind of petrol was used; he was careless about the quality of oil used and did not renew it at regular intervals. No devices were used to assure clean fuel and lubrication. His brakes were usually in bad condition. He used none of the fixtures his neighbour applied to his car for protection and safety. His car always looked shabby; it was never cleaned. It squeaked, and it rattled. Its owner abused it every day he drove it.

One day, John chided his neighbour for neglect, explaining to him that his car would soon be worn out under such treatment. The neighbour retorted: "My car gets me places and brings me back, usually. If anything goes wrong with it, I can always have it fixed."

"But," replied the first man, "your car does not have the power mine does; it cannot go as fast. And in the end, your car will be a pile of wreckage while mine is still giving me good service."

With that, the discussion ceased. John delighted to pass his neighbour on the steep hills and to speed past him on the level. His car was always handy while necessary repairs rendered his neighbour's car useless nearly half the time.

Human mechanisms do not always receive such careful attention as do motors, wheels and bearings. John's life had been one of indulgence. He had always been fond of meat and ate it at every meal. Highly seasoned, rich foods, conglomerated masses robbed of their life-giving properties, tickled his palate. Each mealtime, delicate pastries and desserts, delicious but difficult of digestion, weighted down upon the other foods of which he had partaken. During each day, about a gallon of strong tea entered his stomach.

John's blood stream, rather than being cleansed and purified in lungs filled with pure air, was contaminated by foul tobacco smoke. The poisonous nicotin, picked up by the blood, was carried to every remote part of his system. But it was a habit with him, had been since he was in his teens when he thought it quite manly to blow smoke rings.

Practically every day he just had to be buoyed up by some alcoholic drink; if not, he felt he would not be able to do his work. When he imbibed too freely, strong, black coffee brought him to his senses.

Oftentimes, John felt his mind was not quite as clear and active as it should be. He wondered why he should be tired and nervous after doing only half a day's work. His stomach did not seem quite so strong as it once did, and now and again he felt a pain in his back. But powders, along with a cigarette, seemed to clear his head and soothe his nerves. Pills quelled the billious attacks. An extra glass of wine also "helped out."

One day, a close friend, realizing this man was in need of moderating his habits, warned him. He replied, "O, I will get along alright. You should not worry over me. Whenever I get ill, I can always go see my doctor, and he is very good; he will 'fix me up' alright."

But John's widow is now in black. He was only in middle life, in the prime of life. His remains, a pile of wreckage as in his neighbour's car, are six feet below the ground, while his own motor car stands in the garage ready to start and go at the turn of a key and the press of a button.

Life is so full of inconsistencies!

William D. Callister

WORD OF WISDOM MENUS AND RECIPES

In compliance with the many requests of the Relief Society Sisters who have been studying the Word of Wisdom lessons, a supplement is accompanying this issue of the *Millennial Star*, containing recipes of food combinations in harmony with the Word of Wisdom; also some suggestive, inexpensive menus for using these foods.

This supplement, free to every *Millennial Star* subscriber, will be welcomed by all who desire to eat wholesome foods at nominal costs, and thereby gain and maintain health.

Additional copies of the Menu and Recipe Supplement may be had for three pence.

"A WORD OF ENCOURAGEMENT"

Annie L. Rees, Birmingham District

When the Relief Society sisters began the "Word of Wisdom" lessons, I was rather worried because I realized the necessity of a considerable change in my diet, which I thought impossible. I always had my four meals per day, the usual breakfast and dinner of meat, vegetables, and puddings; "tea" about five o'clock and supper at nine-thirty, which was the meal I enjoyed most and at which I ate heartily of foods forbidden by the newer knowledge of health.

What could I do? My greatest desire being to live in every way as a Latter-day Saint should live, called for obedience to *all* God's laws. So I decided to make it a matter of prayer, and now am very thankful to my Heavenly Father that I made the attempt, for verily have His promises been made good. Since living the "Word of Wisdom" as strictly as I know how, both in its positive and in its negative teachings, my health has been greatly improved, and during the past two years I have almost been made over. Many have asked the question: "How did you make the change from the old custom of four meals a day to the use of natural, simpler foods?"

Let me answer in brief:

I began by putting a plate of whole-meal bread and butter on the breakfast and tea table, also salad every day instead of the usual fancy cakes and pastries. After a time, I found the whole-meal bread and butter was preferred to the white bread and butter; also the salad was enjoyed more and more. After a week or so (for at first the starved tissues seemed never to get enough of the nourishing whole-meal food), I found that we were *satisfied* with two plates of whole-meal bread and butter instead of our usual three or more plates of white bread and butter; and we never left the table craving for something we knew not what it might be, as we often did before we made the change. Neither were the cakes wanted. I had already given up drinking tea many months, and have not the least desire for it now.

After a time, I cut out my five o'clock tea and had my last meal about 6:30 p.m., which meant that instead of my usual heavy supper, a glass of milk at bedtime was all I needed.

My next move was saving my vegetable water and making

soups; then I changed my puddings for a little fresh fruit daily; now I am reaping a rich harvest of good health. The change has come gradually, and I have no desire for the old "impoverished" foods. Fancy cravings and longings have entirely left me, and I feel well and work hard.

The change may be noted by the following sample menus for one day:

"PREVIOUS MODE OF LIVING"	"WORD OF WISDOM WAY"
BREAKFAST	BREAKFAST
Cereal, milk, bacon with egg. Tomato or beans. White bread and butter, or toast, marmalade. Tea or cocoa.	Fresh fruit, cereal, milk. Whole-meal bread and butter. "Wisbru" (see recipes in supplement).
DINNER	DINNER
Meat soup, meat (roast or stewed), two vegetables (boiled), fruit pie or pudding.	Vegetable soup (made from peelings, or vegetable cooking water). Cheese toast (variable dishes—see menus, meat and fish once or twice a week), swedes or carrots chopped fine, with sauce of water in which they were boiled. Fruit.
TEA	
Cold meat, fish, or egg. White bread and butter, jam or cake, tea.	
SUPPER	SUPPER
Coffee or cocoa, white bread and butter, cheese and tomatoes.	Fruit or vegetable salad, whole-meal bread and butter, milk or "Wisbru."

PREVIOUS COST
(for one week)

	£	s.	d.
Baker	0	2	11
Butcher	0	7	0
Greengrocer ...	0	2	3
Groceries	0	8	6
Milk	0	2	6
Sundries	0	3	6
	1	6	8

PRESENT COST
(for one week)

	£	s.	d.
Baker	0	2	0
Butcher	0	2	0
Greengrocer ..	0	4	6
Grocer	0	4	7
Milk	0	3	6
	0	16	7

You may see how I saved money by living the Word of Wisdom. You will note an increase in milk, for it is a necessary food, and a decrease in meat. The saving in labour, in time, is as great as is that of money; and I can truly testify that there is *great gain* in health.

For thirty years, living on my old diet, I suffered from rheumatism, sciatica, and general debility. Twenty years ago I was told by my doctor that I was a chronic dyspeptic. Eleven years ago I

underwent a serious operation, caused by acute faulty elimination. After that I had to go to my doctor for tonics two and three times a year to keep myself in condition to work.

Then I tried to live the Word of Wisdom. Now I am enjoying perfect health. I have no rheumatic pains, no indigestion, nor attacks of nervousness or weakness. I have not been to the doctor for about eighteen months, and I am living on just about half the amount of food that I had before changing my diet. This may sound like a miraculous change, but I have not told you half of the benefits received from obedience to this law.

I am indeed thankful to my Heavenly Father for this change, and I implore all Saints to exert their faith and prayers and try to live fully the Word of Wisdom. The Lord has promised us health and that we may "run and not be weary." Why tarry? He will not fail. If you will pray sincerely, be persistent and seek guidance, you will be surprised how naturally it will come to you and how much better you will feel, both spiritually and physically. This change must not be expected in one week or one month. But prayer and persistence will win.

This is my testimony after two years experience and I pray that you all may be blessed with the same desire that led me to obey the laws of health as given to us by the Prophet Joseph Smith. I pray that my sincere testimony may benefit and strengthen all who will make an effort to live the Word of Wisdom in all its requirements.—A brief summary of a talk given at the Manchester Word of Wisdom Demonstration.

IT IS PRACTICAL

A Testimony to the Word of Wisdom

W. E. Atwood, South London Branch

In April, 1912, my wife and I were baptized members of the Church of Jesus Christ of Latter-day Saints. Up to that time we drank tea twice a day and cocoa for our last meal at night. We soon learned of the harmful substances in tea and coffee, so gave up drinking these and drank cocoa three times a day.

Had the lessons published in the *Millennial Star* in 1929 been given in 1912, I should have been saved much pain and trouble. In the October, 1929, lesson it says:

Chocolate and Cocoa. The public has never looked upon chocolate and cocoa as serious offenders of health. Yet, they both contain the alkaloid theobromine, a drug closely related to caffein, present in tea and coffee. Theobromine however does not produce nervousness nor constipation. On the other hand, it acts more violently upon the kidneys than does caffein. Under its influence these organs are constantly irritated and overworked.

We should avoid cocoa as well as tea and coffee. For more than thirty-five years, in spite of eating plenty of fruit, I suffered from faulty elimination, and this became worse until these last twenty years, I have been obliged to take daily large doses of laxatives.

About six or seven years ago, Elders Langton and Walsh and Joseph F. Smith stressed the keeping of the Word of Wisdom. But in spite of giving up Postum and cocoa, and drinking milk, water, or lemonade, my trouble still persisted. I kept praying night and morning, as I had done these last eighteen years.

My wife is an officer in the Relief Society, so she studied the lessons given in the *Star* for 1929, and we have adopted the lessons taught there—eating plenty of fruit and vegetables in season, plenty of green foods, salads, and whole-meal bread; no mustard, no pepper with our meals; and drinking plenty of water.

Last July while on vacation at the Isle of Wight, I made the habit every night of taking a large jug full of water (about a quart) into the bedroom. I drank this through the night and before leaving the bedroom in the morning, and continued the practice with several glasses during the day. Soon I noticed an improvement, and by living the Word of Wisdom completely, while at the same time drinking copiously of water, I can testify that my trouble has left me.

Since last July, I have not taken any medicine whatsoever. As I have to leave home in the small hours of the morning, I have a cup of warm milk, and often during the day I drink a lemonade. Instead of clogging the kidneys as does tea and cocoa, lemonade cleanses them. I am much better in health and feel younger every day.

I believe there are many others who should try plenty of water inside and outside of the body, little meat, plenty of fruit, vegetables and whole-meal bread, and plenty of fresh air.

It surely pays to live the Word of Wisdom in its fulness.

LIVING MONUMENTS

Mary A. Fitton, Manchester District

It is evident that a new era is starting for the European Missions. The United States of America have stopped immigration for all who have little capital, and the unemployment rife in America, as in England, does not hold much hope for any relaxation in the regulations for some time. Consequently, the system which has been practiced during the last hundred years, in fulfilment of the command to "gather to Zion," is somewhat arrested, and the opportunity has arisen to build up Zion in our country.

Motherhood is the normal function of woman. Every true woman wants to bear and rear splendid children. Unfortunately,

nature does not endow her with all the qualities necessary for the making of an ideal mother; this knowledge she must acquire for herself. To make wise, divinely guided motherhood the rule among "Mormon" women has always been one of the great ideals of the Relief Society Leaders. Only in this way can Zion be built up in our own land, and a body of young men and women raised up every bit the equal of the thousands of missionaries we have had the privilege of meeting in the past.

The wonderful Word of Wisdom lessons of the Relief Society, if heeded and put into practice, will cause a great change, which time will prove, by giving definite improvement in health and happiness to its many members. The results will be of vast importance in the future building of Zion in the British Isles.

It is impossible to measure the far reaching benefits to be obtained from these lessons, but all must realize what a great service has been rendered; and a natural desire arises to do something in return for all we have received. First thoughts are towards material symbols of appreciation, granted such things have a place in life, in remembrance of happy friendships, of loyal companions, etc. But something far greater is within our power to give.

What a monument for our Leaders if they could see twenty years hence! What greater tribute could we pay, what greater reward could be given than that we, by obedience to laws of health, physical and spiritual, should gain such co-ordination of mind and body that our every desire would be in perfect harmony with nature's and God's law? Then we would be able to produce superior children, and with the Gospel of Christ taught and demonstrated to them as it should be, who can say what the result would be?

Monuments of stone and granite in time fall and crumble away; but the Gospel makes it possible to create human monuments in such a way that they will embody within themselves the power to recreate themselves from generation to generation, growing in beauty, wisdom and power, as they succeed each other.

AN EXPERIENCE

Elder Hillman C. Snell

On October 14th, 1930, I was taken to the hospital for an acute case of appendicitis. After the operation, I began to call for orange water; why I called for that, I do not know. After about three days, peritonitis set in, which is very often fatal. Having been given up by the doctors and nurses, it was through the power of the Lord that I began to recover.

I was later told by the doctors and attending nurses that had I been a user of tea and coffee, I would not have lived. The doctor attributed the recovery in part to taking orange juice.

A young man who was in the hospital at the same time, told me he had, some time before, gone under a similar operation. But he was confined in the hospital for eight weeks; I was up and out in four weeks. I noticed he used tea and tobacco.

I had no fear of the operating table, for I knew I was to complete my mission. I bear testimony that I know I was raised from my bed of affliction and made able again to preach the Gospel through my practice throughout life of the Word of Wisdom and the power of the Almighty.

A CHANGE FOR THE BETTER

THE following, under the title "Londoners Eat More Fruit," is taken from the *Daily Herald* of April 14th, 1930:

A dietetic revolution is going on in our midst.

This is made clear by the ever-increasing imports of fruit, and by the growth of salad farms in this country. Beef-and-beer Britons are apparently becoming back numbers. Jamaica last year (1929) exported 22,000,000 stems of bananas of the record value of £2,484,000. Grape fruit exports increased from 8,500,000 to 10,250,000.

Dr. Alfred Salter, M.P. of Bermondsey W., one of whose hobbies is dietetics, told the *Daily Herald*:

"Education through the Press and in the schools, and the fact that fruit can now be obtained all the year around, are causing the change. The workers are buying fruit as much as the well-to-do. In Bermondsey, the poorest borough except Poplar in London, there are miles of fruit barrows. The poorer people, too, are beginning to recognise the value of salads, as much as the well-to-do in Bermondsey, because dealers are sold out.

"This preaching of vitamins has got hold of the public imagination. I have heard the children leaving school say, 'I must have an orange or a bit of green stuff, so as not to be short of vitamins.'"

PROGRAM FOR RELIEF SOCIETY ANNIVERSARY

MARCH 17th, 1931, is the eighty-ninth anniversary of the organization of the Relief Society. The whole Church celebrates this glorious event. Inasmuch as all of us in the British Mission are not able to have our halls on Tuesday, March 17th, it is requested that all Relief Societies hold their celebration program on Sunday, March 15th, after the opening exercises of the regular Sacrament meeting.

President Lund has given his permission to use this Sunday and desires all District and Branch Presidents to cooperate in this matter. As the Manchester District Conference comes on this date, their celebration is to be held on Sunday, March 22nd.

A copy of the summary of the minutes of the organization of the first Relief Society and other interesting items will be furnished each Relief Society President.

The following program is suggested:

Opening song—"We Thank Thee, O God, For a Prophet."

Invocation.

Sacramental hymn—"He Died, the Great Redeemer Died."

Administration of Sacrament under direction of Branch Presidency.

Relief Society Slogan repeated, and talk given upon it.

Song—"Oh, Blest Was the Day When the Prophet and Seer," to be sung as a solo, quartette, or chorus, by the Relief Society members. (Please learn and sing this song, as it deals with the Relief Society organization.)

Reading of the minutes of the first Relief Society meeting.

A sketch of the life of Sister Leah D. Widtsoe, President of the European Relief Societies.

An instrumental selection.

Remarks by local Relief Society President.

Closing song—"The Spirit of God Like a Fire Is Burning."

Benediction—by one of the Relief Society Presidency.

JOSEPHINE B. LUND

FROM THE MISSION FIELD

Branch Conferences: Of the Dudley Port Branch, Birmingham District, held on February 8th. Each session conformed with the theme, "Knowledge Demands Obedience." Attending were Mission President and Sister A. William Lund, District President Kenneth C. Chatwin, and Elders William Kenneth Lund, Ivan E. Lauper, James B. Harvey and Wayne B. Lake.

Of the Mansfield Branch, Nottingham District, held on February 8th. The many members and friends attending were spiritually fed by the theme of the day, "Persecution, the Heritage of the Faithful." President Albert W. Horman, Mission M. I. A. Director Wesley D. Amott, and Elders Kenner B. Clayton and Perry L. Watkins were present.

BRITISH MISSION ADDRESS: A. WILLIAM LUND, PRESIDENT, 23 BOOTH STREET, HANDSWORTH, BIRMINGHAM

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WORD OF WISDOM

MENUS and RECIPES

MILLENNIAL STAR SUPPLEMENT,

Vol. 93, No. 10.

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Church of Jesus Christ of Latter-day Saints
47 E South Temple St.
SALT LAKE CITY, UTAH

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS,
295, EDGE LANE, LIVERPOOL.
1931

Word of Wisdom Supplement

This supplement is presented to you in the hope that an active participation in the teachings of the Word of Wisdom may be incorporated into the life of the members of the Church, who should be the healthiest, the happiest, as well as the best-living people on earth. To know a thing, or to know how it should be done is only half—to live the truth is as important as to know the truth.

Man's health depends upon many factors: He must have fresh air day and night; plenty of clean water inside his body and for bathing; healthful exercise, recreation, sufficient sleep, and good food.

HEALTH HINTS FOR DAILY USE

1. *Air*: "Well begun is half done" is an old adage. To begin the day, after the prayer for guidance, stand before an open window and breathe an extra portion of fresh air. Lift the arms to the sides of the body, and as the breath is taken in, lift the arms to the sides of the head and stand on tiptoe. Fill the lungs to their utmost capacity. As the breath is slowly exhaled, lower the arms and feet to horizontal position. Repeat ten times.

2. *Water*: While dressing in the morning, drink, at intervals, three glasses of warm (not hot) water. This assures a bath for the faithful internal organs of the body. Lemon juice will be found very beneficial; it may be taken with a little honey. During the day take enough liquid to supply the body need of eight glasses.

3. *Exercise*: If the daily work does not supply out-door exercise, enjoy some out-door breathing, even though it be on the journey to and from work. Those whose work keeps them indoors should plan so that some time may be spent every day in the open air. Walking briskly with head erect, chest out, is good exercise and costs nothing but a little grit and determination. Enjoy your daily work and feel blessed in the doing of it. Work is truly one of life's greatest blessings.

4. *Sleep*: Nature's sweet restorer is sleep; and blessed is the man "who has earned a night's repose." Be sure that you have full and free access to fresh air in the sleeping room all night long. Insist on twelve hours for young children, ten hours for older ones, eight hours for adults. Sleep is fundamental to health.

DIET AND HEALTH

That diet is the greatest factor for health, few thinking people will deny. The Latter-day Saints are warned against the many "fads" which exist regarding food. An infallible guide is our inspired Word of Wisdom, which is a standard by which all advice is to be measured.

The following recipes and menus are in strict accord with the latest rules of accepted food science, which, almost miraculously, harmonize with the advice given nearly a century ago by an inspired modern Prophet.

Word of Wisdom Recipes and Menus

For a Word of Wisdom meal, use combinations from the following groups.

BREAD.

Whole-meal.

SOUPS.

Bread.
Potato (or Vegetable) Peeling.
Vegetable I, II, III.
Celery I, II.
Cream Tomato.
Giblet and Celery.
Lentil (also Peas and Beans).

PROTEIN (Meat or Substitutes).

Milk every day.
Meat twice a week.
Fish once a week.
Liver, etc., occasionally.
Macaroni and Cheese.
Rice Renown.
Egg Toast.
Eggs a la Goldenrod.
Cheese Toast.
Cheese and Potato Pie.
Haricot Beans and Parsley Sauce.
Scotch Stew.
Tomato Surprise.
Walnut Roast.
Lentil Roast.
Brown Sauce.
Meat or Fish Cake.
Skouse or Hot Pot.
Health Stuffing for Roast Fowl.

VEGETABLES.

Vegetable Pie.
Salad greens and raw vegetables, as well as cooked, are necessary for health. Use *all* different varieties; peel thin; do not soak. Never use soda—destroys vitamins. Do not worry about colour; it is food value that counts.

SALADS.

Not more than three foods in combination.
Greens—all kinds.
All vegetables—some raw, some cooked.

SALADS—*continued.*

"All the Year Round" Salad.
Carrot and Apple.
Cabbage and Apple.
Ruby Salad.
Apple Salad.
Fruit Salad.
Vegetable Salad.
Fish and Vegetable.
Health (French) Salad Dressing.
Fruit Salad Dressing.
Easy Mayonaise.

RELISHES.

Tart Beet Root.
Mint Sauce.
Chili Sauce.

DESSERTS.

Fruit.
Brown Betty.
Word of Wisdom Pudding.
Prune Delight.
Harriet's Raisin Bread.
Date Cake.
Wheat Germ Pudding.
Vitamin Pudding.
Health Cookies.
Gingerbread.
Wisdom Fruit (Wisfru) Cake.
Milk Puddings.

SWEETS.

Raisins.
Figs.
Dates.
Stuffed Dates or Prunes.
"Wisdom Sweet."

DRINKS.

"Adam's Ale."
Hot "Fruitade."
Mint Fruitade.
Dainty Fruitade.
Ginger Fruitade.
"Nature's Wine."
Cambric Tea.
Mint Tea.
"Wisbru" or Bran Drink.
"Wisbar" or Barley Coffee.

WHOLE-MEAL BREAD—THE " STAFF OF LIFE "

From *Good Housekeeping.*

3½-lbs. whole-meal—1-oz. yeast—3 teaspoons salt—1-pint lukewarm water—2 teaspoons brown sugar—¾-pint milk.

Warm the flour and salt thoroughly. Beat yeast and sugar to cream; add ¾-pint lukewarm water; make well in centre of flour into which pour yeast and water. Sprinkle a little dry meal on top of liquid. Stand covered in warm place for half hour, or until yeast has sponged well. Mix to very soft dough with remaining lukewarm milk and water, adding additional water if required—dough must be softer than for white bread, as whole-meal absorbs moisture during process of rising. Knead well for about quarter hour; leave in warm place until dough has doubled its size. Shape into loaves; put into greased tins; " prove " 20 minutes. Bake at 400° F. one hour, or until loaf sounds hollow when tapped.

Our Guide says, " Nevertheless, wheat for man," etc.—not part of the wheat, but all of it. The vitamins and minerals are in the germ and bran of which white flour is robbed. These are necessary in food for health. White bread is a " broken staff." Avoid it.

SOUPS

Bread Soup.

10 or 12 dry crusts and crumbs—2 eggs (more if cheap)—2 quarts milk—1 cup brown sugar—1 teaspoon salt—butter, size of egg.

Soak crusts in water. Cook until soft; press through coarse sieve; add sugar, salt, milk; heat. Add eggs well beaten, butter. Serve.

Potato (or Vegetable) Peeling Soup.

3-lbs. potatoes and peelings (well-scrubbed potatoes)—1 large onion, minced—½ tablespoon salt—3 tablespoons butter or dripping—1 quart milk—2 tablespoons flour. Small quantity chopped parsley.

Boil potatoes in 2 quarts water until soft; strain. Melt butter; add onion; fry slowly 10 minutes. Add flour; blend potato peeling water slowly; simmer until cooked. Add milk, chopped parsley; heat and serve. Any left-over potatoes may be mashed and added.

Any vegetable peeling may be used similarly for soup. Outside stalks of celery, cabbage, peelings of carrots, swedes, turnips should all be so used. Not one ounce of good vegetable should be wasted. Often the precious mineral and vitamins are in the skin and outside leaves.

Vegetable Soup I.

Take any clean, fresh vegetable peelings, also all the outside green leaves of cabbage, lettuce, cauliflower, especially those from the vegetables to be used in your dinner. Clean the cabbage—every leaf of it. Take the outside green leaves—shred, chop, place in kettle with peelings. Boil for one-half hour. Mash as much as possible through a strainer. This forms a " vegetable stock " rich in valuable

minerals. Cut two onions, two carrots, the " heart " of the cabbage, into small cubes ; add one-half cup brown (natural) rice or one cup of wheat germ (get it from a " feed shop "). Cook for forty minutes—till tender—add the vegetable stock, also the water in which the cabbage for the dinner is cooked. Season to taste.

Vegetable Soup II.

1 onion—2 carrots—6 pieces celery—1 tablespoon barley—1 cup chopped cabbage—1 small swede—1 tablespoon chopped parsley—salt to taste.

Cut onion, carrots, celery, cabbage, swede into small cubes. Fry in dripping ten minutes ; add water to cover ; simmer until soft. Add any left-over vegetable water to right consistency, parsley, heat and serve.

Vegetable Soup III.

1 carrot—½-swede—½-parsnip—1 onion—2 tablespoons brown rice—outside stalks of celery (not too tough)—chopped parsley (added last before serving).

Cut vegetables into small dice ; add rice, and cook gently in water until tender ; add vegetable water from previous day's vegetables. Season to taste. Bits of left-over vegetables may be added.

Celery Soup I.

1 tablespoon rice—2 onions—6 pieces celery—1 quart milk—2 tablespoons whole-meal flour.

Clean and chop outside pieces and tops of celery ; boil half an hour with 1 quart water, strain. Cut white celery in small cubes ; add rice and onions ; boil until soft ; add celery water and milk ; boil ; add whole-meal, butter, salt. Serve.

Celery Soup II.

Outside stalks and leaves of two heads celery—1 large onion—1 tablespoon flour—nut of butter—1 cup of milk.

Clean two stalks celery ; keep inside stalks for table. Cut very toughest stalks and leaves into small pieces ; cook gently 30 minutes. Strain through coarse sieve. Cut rest of outside stalks into tiny cubes, also onion ; cook till tender. Add strained celery water, butter, and salt to taste. Add milk ; bring to boil and thicken with flour. Cook few minutes ; add butter ; serve.

Cream Tomato Soup.

½-lb. tin tomatoes (or fresh ones if cheap)—2 onions—tablespoon brown rice—1 cup milk.

Cut onions ; boil with rice till tender. Cook tomatoes 10 minutes ; rub through coarse sieve ; return to pan with onions and rice when boiling. Add a pinch of baking soda. Pour into 1 cup hot milk; serve.

Giblet and Celery Soup.

Cut the tops from two heads of fresh celery ; chop fine, cover with cold water and boil for one hour ; mash through a strainer, and save water. From the fowl, take the neck as far down as possible, the tips of wings, all the giblets ; cut in small pieces in plenty of cold water and boil one hour. Add two chopped onions, all the outside pieces from one stalk of celery cut into tiny cubes ; and one-half cup brown (natural) rice. Boil till tender. Add the water from the celery tops. Season to taste with salt, a bit of cream or tinned milk, and one teaspoonful " Marmite " (vegetable extract). Serve.

Lentil Soup (Peas or beans also).

½-cup lentils—1 carrot—1 onion—2 sticks celery—nut of butter—1-qt. water (in which lentils soaked) or stock—1 tablespoon flour.

Wash thoroughly and soak lentils over-night. Drain ; keep water. Melt butter ; add sliced vegetables and lentils ; cover and allow to steam for 10 to 15 minutes. Add water in which lentils soaked, salt, cook gently until tender. Put through sieve ; return to pan and re-heat with soup stock if any on hand. Add milk if liked, and thicken with flour. Serve.

PROTEIN FOODS

Macaroni and Cheese.

½-lb. health (whole-wheat) macaroni—¼-lb. grated cheese—½-teaspoon salt—1-qt. milk—4 tablespoons flour—3-ozs. dripping.

Boil macaroni until soft. Drain, saving water for soup. Melt dripping, add flour, salt, milk, gradually, stirring until it thickens. Place in dish layer of macaroni, then sauce, then cheese, until dish is full—with grated cheese on top. Bake in oven until light brown.

Rice Renown.

1 cup natural brown rice—2 cups whole-meal bread-crumbs mixed with 2-ozs. butter or fresh dripping—1 cup grated cheese—6 peeled tomatoes (½-tin)—salt to taste.

Boil rice until soft (keep water for soup). Skin tomatoes, then put into dish layers of rice, cheese, sliced tomatoes, bread-crumbs, with crumbs on top. Bake in oven till light brown.

Egg Toast.

6 hard boiled eggs—2 cups grated cheese—8 rounds of whole-meal toast—1 quart milk—4 tablespoons dripping—4 tablespoons flour. Salt to taste.

Melt dripping ; stir in flour ; add milk ; stir until it thickens. Add cheese, salt. Slice eggs on toast, pour over the cheese gravy.

Eggs a la Goldenrod.

Prepare eggs, sauce and toast as for preceding recipe. Cut egg whites in long strips from yolks. Mash the yolks through strainer; arrange toast on platter; pour sauce on each piece of toast; lay strips of egg whites around to simulate petals of a flower, and pile up mashed yolk in the centre. Garnish with cress or parsley and serve.

Cheese Toast.

On whole-meal toast, place thin slices of cheese. Place in oven till melted. Sprinkle with bits of minced parsley and serve. Any of the cheaper cheeses may be used.

Cheese and Potato Pie.

1 lb. potatoes (boiled)—2 tablespoons milk—3-ozs. grated cheese—brown bread-crumbs—1-oz. dripping—seasoning to taste.

Mash potatoes; while hot add milk, seasoning, cheese, and half the dripping or margarine. Grease pie dish; strew bread-crumbs rather thickly; put in potatoes with crumbs on top; bake in hot oven for half hour. Turn out and serve hot.

Haricot Beans and Parsley Sauce.

Soak ½-lb. beans for several hours. Boil in same water gently until tender; add 2-ozs. butter or margarine, with dessertspoon chopped parsley; season to taste. Shake pan gently over fire; squeeze juice of ½-lemon and serve.

Scotch Stew.

3 tablespoons pearl barley—½-small cabbage or 1 lettuce shredded—½-head celery—3 onions—2 carrots—1 turnip—all cut into small pieces.

Simmer barley ½-hour; add all vegetables (except cabbage or lettuce) with boiling water to barley; cover; season to taste. Boil gently until nearly done; add shredded cabbage or lettuce; cook 15 minutes. Serve.

Tomato Surprise.

1 egg—2 small tomatoes—1 dessertspoon milk—minced onion—1 dessertspoon grated cheese—salt and pepper—4 rounds buttered toast.

Beat egg and seasonings together; add milk and grated cheese; then tomatoes skinned and cut into small pieces. Stir over low fire until lightly set; pile on toast and garnish with sprig of parsley. Serve very hot.

Walnut Roast.

6 tablespoons bread-crumbs—½-oz. butter—2 eggs—3 large tablespoons of chopped walnuts—1 cup milk—half an onion minced—½-teaspoon salt—1 teaspoon flour.

Melt butter; add flour, crumbs, milk; boil. Cool. Add well beaten eggs; mix well. Add chopped walnuts, onion seasoning; place in buttered basin and bake until browned and set.

Lentil Roast.

¼-lb. lentils—¼-teaspoon mixed herbs—1 tablespoon bread-crumbs—2 eggs (or flour if eggs are expensive)—1 tablespoon chopped parsley—½-oz. butter—1 teaspoon lemon juice—salt—1-oz. chopped nuts or cheese—tomato to decorate.

Wash the lentils ; soak over-night. Boil in same water until tender, letting water boil away ; beat until smooth and dry. Add rest of the ingredients and bind with egg to make stiff paste. Shape into thin loaf and bake twenty minutes. Make brown sauce. Lay roast in centre of dish ; garnish with tomato and pour sauce round.

Brown Sauce.

½-oz. butter or dripping—1½-gills vegetable stock—½-oz. flour—¼-teaspoon Marmite—seasoning.

Melt dripping ; add flour ; cook until brown. Add stock, seasoning, Marmite, and boil 7 minutes.

Meat or Fish Cake.

1-lb. fresh minced beef (cheap cut)—2 tablespoons minced onion—1 tablespoon minced suet—2 cups bread-crumbs—2 tablespoons chopped parsley—2 eggs—½-teaspoon thyme—salt to taste.

Mix meat, crumbs, seasoning ; add onions, parsley ; bind together with egg ; if too stiff, add a little gravy. Grease pie dish, sprinkle with crumbs ; add mixture ; cover with crumbs moistened with few nuts of dripping. Bake ½-hour. This may be made of any cooked meat or fish. The cheapest cuts may be chopped at home.

Skouse or Hot Pot.

Cut two or three pounds of the cheapest (good) beef—a brisket cut is good—into small pieces. Cut six large (or eight small) potatoes into small cubes (peelings are used in the soup above). Cut two onions into tiny cubes. Into a kettle place a layer of potatoes, then a layer of meat, then of onions, then potatoes, meat and onions, with a layer of potatoes on top. Cover with boiling water. Cook slowly for two hours. Season with salt only. Pepper, mustard, and strong sauces are irritants, and not good for the stomach. A bit of parsley or sage may be used.

If this dish is cooked on top of the stove, it is called *Skouse* ; if in the oven, it is *Hot Pot.* Cook where most convenient.

Meat and fish recipes will be found in ordinary cook-books.

Health Stuffing for Roast Fowl.

For two chickens, take three or four loaves of bread, not too stale. Cut and grate the inside, leaving the crusts for the table or a pudding. Chop fine two onions, and the outside pieces of one stick of celery. For every cup of soft crumbs add two tablespoonsful melted butter,

two teaspoonsful minced suet, one-half teaspoon salt, one-half teaspoon powdered sage. Add chopped onions and celery; mix well and fill the fowl. Bake as usual, allowing twenty minutes to the pound. Most stuffing is indigestible from being "soggy" and too highly seasoned. This is light and takes the place in the meal of bread and butter.

VEGETABLES

Every kind of vegetable should be eaten, for their mineral salts are needed in the body. Scrub clean and cook in skins if possible, for often vitamins and minerals are near skin. If peeled, cook immediately; never soak. Not a scrap of celery, top or stalk, or lettuce, or any kind of vegetable peeling should be wasted if fresh. Clean thoroughly; then boil and strain for vegetable soup. Much valuable food is thus saved, to say nothing of the saving in money.

Do not cook too long; "mushy" foods are not well cooked; flavour is lost or changed. Never use soda in cooking water; destroys vitamins. Add salt just before serving. Cabbage, swedes, turnips, carrots, celery, are delicious eaten raw, scraped or in salad. Teeth need exercise as do muscles.

The tops from young turnips and beets make delicious "greens." More spinach should be used; it is one of the most valuable of all vegetables.

Carrots and all vegetables cooked as given below retain all their precious food minerals. Scrape vegetables, cut small and place in pan with nut of butter and very little water. Boil gently 20 to 30 minutes; shake pan occasionally, remove lid, salt to taste and serve. Any liquid may be thickened and served as sauce. The cooking water of vegetables boiled in ordinary way should be used in sauce or soup.

Potatoes are one of the few vegetables which contain vitamin C; they also contain precious minerals so much needed by the body, which is near the skin. For that reason, scrub and clean potatoes well and then cook "in their jackets." If boiled, the water is to be used in the gravy or saved for vegetable soup.

Vegetable Pie.

3-lbs. potatoes—1 teaspoon salt—2-lbs. carrots—1-lb. onions—1 teaspoon Marmite.

Scrub potatoes, cut in small pieces unpeeled; peel onions, chop fine; scrape carrots, cut in cubes; put in layers until dish is full. Mix Marmite with pint hot water, pour over, cover, cook until soft.

For crust, take 1-lb. whole-meal flour, 6-ozs. dripping, 2-teaspoons baking powder, ½-teaspoon salt and little water. Mix, roll out thin, cover pie. Bake in moderate oven.

Pastry is difficult of digestion; its use is not recommended.

SALADS

"The finest, purest, and most varied source of supply for all the mineral salts required for bodily nutrition and nervous vitality is the vegetable kingdom, and it is to 'the kindly fruits of the Earth' in their season, to the treasures of the harvest field unspoiled by chemistry or milling, to the ample products of the garden, undestroyed by cooking, that we should look in order to build up sound brain and steady nerves, clean blood, and a fair complexion, with the help of these suitable and essential salts of nutrition. It is for this reason that vegetables and salads are so extremely valuable and have rightly obtained the name of 'blood purifiers.'"—(Dr. Josiah Oldfield.)

Salads should form a part of every day's dietary.

"All the Year Round" Salad.
(*Good Housekeeping.*)

Lettuce—a sweet apple cut into thin slices—bananas cut in half, then split long-ways—chopped celery—and sprinkling of chopped nuts. Serve with Health Dressing.

Carrot and Apple Salad.

1 grated carrot—1 thinly sliced apple—Health Dressing—lettuce, celery or endive.

Peel and core apple, slice thinly into rounds. Pile carrot on top and sprinkle with Health Dressing. Serve on bed of lettuce, endive or celery.

Cabbage and Apple Salad.

1 cup crisp shredded cabbage—2-oz. ground nuts—2 apples—lettuce —Health Dressing.

Peel, core apples, cut in thin strips; add cabbage, nuts. Blend with dressing; arrange on bed of lettuce. Ornament with halved nuts.

Ruby Salad.

Cut a good sized beetroot into slices—not too thin. Over this lay thin slices of Spanish onions. On this place few slices of banana, and over the whole sprinkle chopped parsley. Serve with Health Dressing.

Apple Salad.

Put a few crisp lettuce leaves on a plate, and on them thin slices of sweet apple. (Apple may be cut into dice.) Over this sprinkle some chopped nuts and serve with Health Dressing.

Waldorf Salad.

Mix one cup each of apples and celery, cut into tiny cubes, with 1 tablespoon chopped nuts. Serve on crisp lettuce leavesw ith Easy Mayonaise, Boiled Fruit Dressing, or Fruit Salad Dressing.

Fruit Salad: Any desired combination of fruits and nuts.

Vegetable Salad (Cooked or Raw): Any desired combinations of vegetables and nuts.

Fish and Vegetable Salad: Any desired combinations may be used.

Health (French) Salad Dressing.

1 tablespoon lemon juice—1 tablespoon water—¼-teaspoon salt—2 teaspoons brown sugar—1 teaspoon minced onion (or a *tiny* bit of garlic)—4 tablespoons fresh salad oil.

Place in a bottle and *shake* thoroughly before using. Enough may be made to last a week; shake well when needed.

Fruit Salad Dressing I.

1 egg—1 dessertspoon lemon juice—2 dessertspoons sugar—2 dessertspoons orange juice.

Beat egg well; add sugar, beat; add orange and lemon juice drop by drop, beating well until all is added.

Easy Mayonaise.

Beat one egg—add ½-teaspoon salt—juice ½ lemon (or 1 lemon depending on quantity needed). Beat well, adding fresh salad oil very slowly until thick enough to use. Season to taste.

Boiled Fruit Dressing.

¾ cup sugar—1 cup hot water—a little pineapple juice—grated rind and juice of 3 oranges and one-half lemon—2 tablespoons cornstarch.

Cook ten minutes. When cool, add one-half cup whipped cream and stiffly beaten egg white.

WISDOM "RELISHES"

In the list of Word of Wisdom foods there is no such thing as "pickles" or strong sauces; for highly spiced foods, and strong vinegars are irritant to the delicate linings of the stomach and should be avoided. Foods should be eaten and enjoyed for their own flavour. Some food "relishes" are good, if not too strong.

Tart Beet Root.

Into a dish place a layer of thin slices of beetroot; then a single layer of onions cut very thin; then more beets and onions. Pour over them a lemon dressing made by diluting lemon juice with water to taste, adding enough brown sugar to sweeten, and a little salt. Mix the dressing thoroughly and pour over the beets. Let stand overnight.

All foods are much more easily digested if made tart with lemon juice, which is a good food.

Mint Sauce.

Prepare as usual, using lemon juice and light brown sugar.

Chili Sauce.

1 box tomatoes (¼-bushel) (dip in boiling water few moments; peel, cut in small pieces)—4 heads celery, cut in tiny cubes (save tops for soup)—12 onions, chopped fine—2 cups vinegar or lemon juice—5 cups brown sugar—2 tablespoons cinnamon—½ tablespoon cloves—5 level tablespoons salt—½ tablespoon (level) allspice.

Mix, boil until soft; bottle while boiling hot. Serve with lentil cutlets, nut roast, and meats occasionally.

DESSERTS

Dessert should never be such as to tax an already over-loaded stomach. Its real function is to act as a savoury. "Hunger has been appeased, perhaps the stomach has been over-filled and there is not sufficient gastric juice to digest its contents"—alas, this is too often true, especially after a holiday meal. The savoury or dessert should awaken another flow of "appetite" or "psychic" juice. "The same is true of the pleasantly acid fruits of the dessert. Fruit is little more than flavoured water, and so needs no gastric juice to digest it. But it can awaken a psychic flow of juice and is, therefore, placed at the end of a large meal when extra gastric juice, but no extra work for it to do, is needed." (*Food and the Family*, page 180, by V. H. Mottram.) The serving of rich, heavy desserts after a heavy meal, is a practice to be avoided by all who value health.

For dessert place a few ivy or other pretty leaves on a dainty plate. On the leaves lay small bunches of light and dark grapes, or a luscious pear, or any preferred fruit.

The dessert served should fit the meal. If a heavy, satisfying meal has been eaten, then serve a light dessert; if a light meal is taken, then serve a custard, a milk pudding or a more nourishing dessert.

Fruit.

Oranges may be sliced and eaten with a little brown sugar if too sour. Bananas should be very ripe, or they are indigestible; may be crushed with brown sugar or served with milk or cream. All fruits should be enjoyed for their natural flavour.

Brown Betty.

To two cups of grated brown bread-crumbs, add two tablespoons melted butter. Mix thoroughly. Into a pudding dish, place a layer of bread-crumbs, then of apple sauce; alternate layers, with crumbs on top. Bake until crumbs are light brown. Serve with whipped cream, milk, custard sauce, or any preferred pudding sauce.

Word of Wisdom Pudding.
(Sister Annie Johnson.)

Fill a greased pudding dish three parts full of small pieces brown bread and butter; sprinkle a tablespoon of brown sugar, pour over a little boiling water. Add ½-lb. each cleaned raisins and currants. Mix. Beat two eggs; add tablespoon brown sugar, one pint milk; pour over mixture; cover; bake slowly until set. Serve with hot custard sauce.

Prune Delight.

Wash and soak prunes over-night. Place on to boil in their own juice—no sugar unless sour—for one hour. Cool. Remove the pits and in place of them put an almond or half a shelled walnut. Arrange six or more on each sauce dish.

Beat stiff one egg white (the yolk having been added to the soup). Whip one-half cup thick cream; add the beaten egg white; mix with two tablespoons light brown sugar and place over the prunes and serve. This is a delicious "health plum pudding."

Harriet's Raisin Bread.

2-lb. whole-meal flour—½-lb. seedless raisins—2-ozs. baum (yeast)—½-lb. brown sugar—6-ozs. dripping—4-ozs. chopped walnuts—2 eggs—1 tablespoon salt—1 level tablespoon cinnamon—half a nutmeg, grated—½-pint milk, warm—½-pt. water.

Rub fat in whole-meal; add dry ingredients; mix well; add baum softened in warm water. Add warm milk and water and beaten eggs. Knead and set to rise. Mould into loaves; prove for 20 minutes. Bake in a moderate oven for 1½ hours. Makes 3 or 4 loaves.

Date Cake.

¾-lb. fine whole-meal flour—½-lb. sugar—½-lb. dripping—½-lb dates—3 eggs—1 teaspoon baking powder—milk to mix.

Cream fat and sugar; add eggs one at a time, with tablespoon of flour, beating well after each addition. Add remaining flour mixed well with baking powder, and beat thoroughly, adding milk if required to give a soft consistency. Stir in stoned, cut dates. Bake 1½ hours.

Wheat Germ Pudding.

3-oz. wheat germ—grated rind lemon—2-oz. brown sugar—1 pint milk—salt—1-oz. butter—2 eggs.

Heat milk; sprinkle in germ, sugar and salt, and stir until cooked; add lemon gratings. Beat in well beaten eggs; bake until "set." Serve with orange or lemon sauce.

Vitamin Pudding.

Place a little butter on dry bits whole-meal bread. Soak in milk. To two cups of soaked bread add one-quarter cup wheat germ. Beat well two eggs; add half cup brown sugar, 1 quart milk; flavour with ground nutmeg, cinnamon or vanilla extract. Pour over the soaked bread and germ in pudding dish and bake in slow oven till custard is "set." Serve with "Orange Sauce."

Orange Sauce. Grate the rind of two oranges and 1 lemon into bowl (grate only the yellow, being careful not to take any of the white part, which is bitter). Over it squeeze juice of 2 oranges and ½ lemon. To 2 cups boiling water add ½ cup brown sugar; thicken with 1 tablespoon cornflour (moistened first with cold water). Boil till clear. Add a small piece of butter. When cool, stir in the fruit juice and serve with pudding.

This dessert contains vitamins A, B, C, D and E; vits. A and D in and milk and butter; vits. B and E in the brown bread and wheat germ; vit. C in the fruit juice.

Health Cookies.

3 cups whole-meal flour—1½ cups light brown sugar—1 cup dripping—⅔ cup milk—⅔ cup seedless raisins—⅔ cup chopped walnuts—3 teaspoons baking powder—1 teaspoon vanilla—3 eggs.

Mix dripping and sugar; add eggs well beaten, milk and vanilla, then dry ingredients. Drop in small spoonfuls on greased tins. Bake in moderate oven 15 minutes. Makes about 30.

Gingerbread.

(Good Housekeeping.)

1 egg—8-oz. whole-meal—2 teaspoons ginger—½-teaspoon carbonate of soda—1-oz. dark sugar—6-oz. golden syrup—3-oz. margarine—½-gill milk—salt—2-ozs. sweet almonds.

Sieve flour, salt and ground ginger into basin. Add dry ingredients. Put margarine, treacle and sugar into saucepan and warm slowly until contents are melted, but do not boil. Make well in centre of flour; stir in treacle, etc., then beaten egg. Dissolve soda in milk; add to mixture. Beat thoroughly; pour into greased and lined Yorkshire pudding tin; bake in moderate oven for ¾-hour. The top may be decorated with almonds or slices of dried orange or citron peel.

Wisdom Fruit ("Wisfru") Cake.

1 lb. Allison's whole-meal flour—4 teaspoons baking powder—1 teaspoon salt—2-oz. chopped walnuts—2-oz. sultanas—2-oz. dripping or margarine—1 egg—1½ cups milk.

Mix flour, salt, baking powder in basin; cut in fat; add walnuts, sultanas, sugar; mix thoroughly. Make a well in centre and pour in lightly beaten egg and milk; mix to soft dough and bake in moderate oven 1 hour.

SWEETS

Stuffed Dates or Prunes.

Remove stone replace with almond, brazil or walnut. Roll in brown sugar.

"Wisdom Sweet."

Take equal portions of figs, dates, nuts. Chop together; run through meat mill three times. Shape into large roll, slice, or into small balls; dip in brown sugar. Serve.

DRINKS

"Adam's Ale."

The best "drink" is pure cold water or "Adam's ale," and the body cannot be kept in health without it. "Water forms over 60 per cent. of the weight of the human body, and is present in all the tissues. . . . We need it for building up tissues, for carrying out chemical reactions, and for dissolving waste products." (*Food and Health*, page 18, by A. B. Callow.) "About two-thirds of the weight of the body consists of water. From 4 to 4½ pints are excreted by an average man daily. This quantity should, therefore, be taken in the diet." (*Food Values*, page 75, by M. McKillop.) Dr. Plimmer tells us: "From four to six pints of water, including other fluids, should be taken daily to flush the body and wash away waste material which otherwise will accumulate and poison the system. Sufferers from rheumatism go to 'watering' places where the chief part of the treatment consists of drinking very large quantities of water. The

cure may be attributed as much to the cleansing action of water upon the tissues, as to any special value of the dissolved salts. Another advantage of copious water drinking is that it lowers the blood pressure which in many middle-aged and elderly people is too high." (*Food, Health, Vitamins*, pages 10, 11.) " It is easy to take too little fluid; indeed, many people do so. . . . The minimum ration of fluid per day is one and a half quarts. Two quarts is by no means excessive, for the daily output of the urine is nearly one and a half quarts, and, in addition to this, the body is losing water in the breath and the perspiration." (*Food and the Family*, page 122, by V. H. Mottram.)

I have purposely quoted all these English scientific authorities on the need of drinking water daily, because a feeling is abroad that it is not good to drink water. This is a grave error for which mankind will surely pay ultimately in some form of ill health. Some liquid is obtained in food; but a minimum requirement for an adult is six glasses, and eight are better. Children require slightly less.

Where one has been accustomed to drink tea and coffee, and is trying to reform, one should be very careful to take an equal amount of water, either hot or cold. It is best taken between meals, though some may be taken at meals provided that food is not " washed down."

All food and drink should build up the body and make it stronger to meet the daily requirements.

Natural foods and nature's drinks are best!

Hot " Fruitade."

Hot Fruitade: Wash four oranges (six if small), one lemon, one grape fruit. Grate into a bowl the yellow rind of each (being careful that none of the white is taken). Squeeze completely the juice from each, over the grated rind. Boil two quarts of water with one-half pound of light brown sugar. Pour into bowl with fruit juice, bring to boil, strain, and serve with very thin slices of lemon in each glass.

This will serve sixteen small portions, or ten large ones.

Variations.

Mint Fruitade: Into each glass place a spray of mint, or a bit of dried mint. Pour over it the boiling drink. Let it stand a few minutes, remove the mint, strain if necessary, and serve.

Dainty Fruitade: Mix some raspberry or black currant juice with the drink—to give an added flavour and dainty pink colour. Serve.

Ginger Fruitade: Boil a bit of ginger root with the water and sugar. Place a little minced, candied or crystalized ginger in each glass and pour over it the hot drink. Serve.

" Nature's Wine."

" Nature's Wine ": Delicious drinks are to be obtained by mixing a little pure unfermented fruit juice with water. Such juices are made by extracting the juice of strawberries, raspberries,

currants, plums, pineapple or grapes. The juice is mixed with sugar, boiled, and sealed while boiling hot, so that it may not ferment. The proportion of one-quarter fruit juice to three-quarters water, aerated or plain, hot or cold, makes a delicious "Word of Wisdom drink."

"*Cambric Tea*" is a name given to a cup of hot water containing a bit of milk and brown sugar. If one must have a hot drink at a meal, such a drink is recommended.

Mint Tea: Steep a few leaves of dried or fresh mint. Strain and serve with milk and a bit of brown sugar.

"Wisbru" or Bran Drink.

Mix well 8 lbs. clean fresh bran with 1 lb. wheat germ; keep in clean dry place; must not be kept too long.

Pour 1½ pints boiling water over 1 teacupful of bran mixture; place in oven to stand all night. Next morning boil ten minutes; strain through coarse sieve. Boil up and serve with bit of salt, honey or brown sugar. Add milk, hot or cold. Serve for breakfast and tea.

"Wisbar" or Barley Coffee.

Get clean whole barley; brown gently in oven. Grind and make as ordinary coffee; boil ten minutes. Serve.

MENUS

Economy and Health.

It is not difficult to obtain all wholesome foods if one has the intelligence to study and the money to purchase the necessary variety. But most people have to practice the most rigid economy, that each penny may purchase the maximum of health-giving food for growing child or working adult.

The following menus were prepared with that thought in mind. While they have been actually tried out, they are *merely suggestive*. Foods must vary from week to week, from season to season. All different kinds of foods are necessary for man's full bodily welfare. A one-sided diet will invariably produce imperfect health. The combinations for each meal must be simple; a full variety of foods should be used through the weeks and months.

If one has means, more expensive foods may be purchased. But the simple combinations of natural foods must be maintained if one desires health. Food indulgence always produces disease.

The menus with costs were for a family of two women not doing strenuous work. For hard working people, larger estimates should be made.

Word of Wisdom Menus for One Week—
For 2 Adults, Cost 8/3 Each.

SUNDAY.

Breakfast: Orange sliced, whole-meal toast, butter, honey, Wisbru (bran drink).

Dinner: Meat or fish cake, boiled cabbage, baked potatoes, stewed fruit, "Wisfru" cake.

Supper: Lettuce and sliced tomatoes, whole-meal bread and butter, apple, milk—hot or cold.

MONDAY.

Breakfast: Grape fruit, porridge (wheat) and milk, raisins, Wisbru and toast.

Dinner: Vegetable soup, bits of meat cake in gravy on toast, celery (keep outside stalks and leaves for soup), orange.

Supper: Lettuce and grated carrot salad, whole-meal bread and butter, crushed banana, milk—hot or cold.

TUESDAY.

Breakfast: Sliced orange, porridge (oats), Wisfru cake, Wisbru.

Dinner: Celery soup, cheese toast, baked or boiled onions, apples.

Supper: Lettuce and shredded raw cabbage, nuts, whole-meal bread and butter, hot lemon water or Wisbru.

WEDNESDAY.

Breakfast: Banana—crushed, milk toast, Wisbru.

Dinner: Vegetable soup, creamed fish (boiled—soup made in sauce), mashed potato (save skins for soup), grapes.

Supper: Boiled whole wheat, milk, apple, Wisfru cake.

THURSDAY.

Breakfast: Sliced orange, boiled rice (enough for pudding next day), Wisbar with milk.

Dinner: Broiled liver, baked potatoes, shredded cabbage and carrot salad, apple sauce.

Supper: Tomato soup, whole-meal bread and butter, apple—baked or sauce, milk—hot or cold.

FRIDAY.

Breakfast: Grape fruit, porridge (wheat), milk, Wisbru.

Dinner: Cream tomato soup, scrambled egg on toast, shredded cabbage, rice pudding.

Supper: Lettuce and grated swede salad, whole-meal bread and butter, remainder of tinned tomatoes, milk—hot or cold.

SATURDAY.

Breakfast: Sliced orange, porridge, raw carrot, Wisbru.

Dinner: Vegetable soup, macaroni and cheese, cress salad, Wisfru cake or dates.

Supper: Poached egg on toast, lettuce and tomato salad, buttermilk.

Cost of Week's Food Supply.

Baker.		Fruit.		Vegetables.		Grocer.		Totals.	
Bread	1/4	Oranges....	1/2	Tomatoes	6	Butter....	1/6	Milk	3/4
Bran	1½	Apples	8½	Potatoes	3	Cheese	6	Butcher	2/–
Flour	2	Bananas	4	Cabbage	3	Eggs	9	Baker	2/1
Porridge	5½	Grape Fruit	3	Carrots	1½	Sugar	7	Fruit	3/2
	——	Lemons	4½	Onions	2	Lentil	2	Vegetables	2/–
Total	2/1	Grapes	4	Celery	6	Nuts	6	Grocer	4/–
Butcher.			——	Parsley	1		——		——
Meat		Total	3/2	Swede	½	Total	4/–	**Grand**	16/7
cheaper cuts	.... 2/–	Milk.		Cress	1				
		12 pints milk....	3/–		——				
		Cream	4	Total	2/–				
			——						
		Total	3/4						

For Greater Economy.

The following menus represent almost the lowest limit of cost on which the body may be maintained in reasonable health. Of course all other health factors—sleep, recreation, fresh air, sunlight, if possible, and exercise—must be maintained to make this possible.

For one whole winter, two women lived on such a simple weekly dietary with a result of actual health improvement—over the old four-meal, meat-every-day English custom. This is no theory: It has been tried and proven.

Cheaper Menus for One Week—2 Adults Cost 5/6 Each.

SUNDAY.

Breakfast: Orange, whole-meal bread and margarine, raisins, Wisbru.

Dinner: Stewed beef steak, boiled carrots, baked potatoes, banana,

Supper: Lettuce and sliced tomatoes, whole-meal bread and margarine, apple, Wisbru.

MONDAY.

Breakfast: Porridge, milk, apple, Wisbru.

Dinner: Vegetable soup, cheese and potato pie, orange.

Supper: Watercress, whole-meal bread and margarine, banana, milk.

TUESDAY.

Breakfast: Porridge, milk, raisins, Wisbru.

Dinner: Haricot beans and parsley sauce, whole-meal bread and margarine, orange.

Supper: Lettuce and sliced tomatoes, whole-meal bread and margarine, Wisbru.

WEDNESDAY.

Breakfast: Milk toast, apple, Wisbar (barley coffee).

Dinner: Fish stew or black pudding, raw cabbage salad, dates.

Supper: Cheese and watercress, whole-meal bread and margarine, dates, hot lemon water.

THURSDAY.

Breakfast: Porridge, milk, dates, Wisbru.

Dinner: Lentil roast, baked potatoes, onion, apple and raisin dessert.

Supper: Tomato soup, whole-meal bread and margarine, nuts, Wisbru.

FRIDAY.

Breakfast: Toast and hot milk, raisins, Wisbar.

Dinner: Lentil soup, cheese toast, orange.

Supper: Tomatoes and watercress, whole-meal bread and margarine, Cambric tea.

SATURDAY.

Breakfast: Porridge, milk, apple, Wisbru.

Dinner: Eggs—boiled, whole-meal bread and margarine, watercress salad, banana.

Supper: Tomato and onions, cheese, whole-meal bread and margarine, milk.

Cost of Week's Food Supply.

Fruit.		Butcher.		Vegetables.		Grocery.		Totals.	
Oranges	6	½-lb. Stew		Potatoes	3	½-Cheese	4	Butcher	1/–
Apples	4	Steak....	6	Tomatoes	6	3 Eggs	6	Milk	1/9
Bananas	3	1 Fish Head	6	Cabbage	2	Sugar	3	Fruit	1/9
Lemons....	2		——	Carrots	1½	Lentils	2	Vegetables	1/6
Dates	6	Total	1/–	Onions	1½	Beans	1½	Grocery	3/–
	——			Celery	2	Nuts	3½	Baker	2/–
Total	1/9			Parsley	½	Margarine	1/–		——
Baker.		Milk.		Swede	½	Raisins	4	**Grand**	11/–
Bread	1/4	7 pints	1/9	Spanish			——		
Bran	1½			Onion	1	Total	3/–		
Flour	2				——				
Porridge	4½			Total	1/6				
	——								
Total	2/–								

HOLIDAY DINNERS

Menu No. 1—For Those with Ample Means

I.

Giblet and celery soup.

II.

Roast chicken or fowl—Health stuffing—Gravy—Celery—Baked potato.

III.

Fruit of the Orient (pear, banana, grapes or choice apple). For a drink: Ginger Fruitade.

The cost of the above dinner will average two shillings and sixpence per person if prepared for a family of six.

Menu No. 2—Economy.

I.

Vegetable soup.

II.

"Skouse" or "Hotpot"—Tart beetroot—Boiled cabbage.

III.

"Prune Delight." For a drink: Mint Tea.

The cost of this dinner for a family of six will average sevenpence halfpenny. The recipes for these dinners are given in this supplement.

SIR WM. ARBUTHNOT LANE'S ADVICE

Dr. Lane, one of Britain's best known health experts, gives the following pertinent advice in his recent book *Blazing The Health Trail*, published in 1929:

Green Vegetables: When I recommend people to eat plenty of fresh green vegetables, they frequently write to me and say that they cannot afford this, that vegetables are too dear.

No doubt when we needlessly import so many of our vegetables, instead of growing them for ourselves, the prices are high, because of the cost of freight and so forth. But one of the most important factors in the high price of green vegetables is the horrible way in which the outside leaves of cabbages, cauliflowers, celery, and so on, are wasted.

For my own information, I have recently walked through several vegetable markets, and find the streets and floors smothered with thoroughly good food material. A short time ago I was in a London hotel, and from the window I could look down into a very large vegetable market, the floor of which was littered some eighteen inches or two feet deep with celery and cauliflower leaves, ruthlessly chopped off and thrown away.

As I watched the scene, some Roman Catholic nuns came in with large baskets and sacks, and gathered up large quantities of this residue, which was given to them free.

The scientific advisers of the New Health Society tell us that the cauliflower is one of the most valuable and most easily digested vegetables, and the outside leaves can be cooked separately as a delicate kind of cabbage. Cooked separately in inch-long pieces and served with butter sauce, they are excellent; but on no account must these leaves or other green vegetables be spoilt by adding soda to the boiling water. They should be cooked quickly, just sufficiently to soften the fibres, in a very small quantity of water; then drained and served at once.

All vegetable liquors should be used for soups and gravies, or taken as a vegetable-essence beverage, useful and necessary for aiding in eliminating waste products, and for other reasons.

The outside leaves and tops and roots of the celery should also be cooked and made into appropriate dishes, which are not merely inexpensive, but cost nothing if they would otherwise be thrown away.

Thus is vindicated by a modern scientist the contents of this little Supplement.

RECOMMENDATION

For further recipes and references, you are heartily recommended to procure *The New Health Book of Meatless Meals*, price **1/6**, New Health Food Books No. 1, *Food and Its Cooking*, price sixpence, and *The Staff of Life* (twopence), all published by the New Health Society, **39**, Bedford Square, London, W.C.1.

ACKNOWLEDGEMENT

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We wish you health, that you may "find wisdom and great treasures of knowledge, even hidden treasures;" that you may "run and not be weary, and walk and not faint." If you will practice the positive teaching of the Word of Wisdom, you will be able to resist all temptation to use foods and drink that cause disease or that rob you of your birthright—HEALTH.

Leah D. Widtsoe, President, European Mission Relief Society.